

THE UNIVERSITY OF IDAHO
ARGONAUT

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FOR, OF AND BY THE STUDENTS SINCE 1898

TUESDAY, AUGUST 22, 2017

CONVOCATION



Joleen Evans | Argonaut

Juniors Kelsey Chapman and Kelly Reed perform with the University of Idaho Vandal Marching Band Aug. 17 during University Convocation in the Kibbie Dome.

Vandal nation convocation

David Vobora used his story to inspire during the University Convocation

Andrew Ward

ARGONAUT

Packed with new and returning faces, the Kibbie Dome was a hot spot on campus Thursday night as students waited to hear from former NFL Linebacker and Vandal Alumni, David Vobora, for the 2017 University Convocation.

Before Vobora took the stage, the Convocation kicked off with presentations from University of Idaho President Chuck Staben,

ASUI President McKenzie MacDonald and Professor of Law Liz Brandt.

Both Staben and MacDonald delivered short, but concise, messages to the Vandals about what the university has to offer and gave words of advice before students embark on their individual journeys.

Brandt followed up with a summary of the main ideals behind the University's strategic plan, and how they are coinciding with being a Vandal. Brandt touched on topics such as excellence, respect, integrity and perseverance.

"Our commitment to excellence is central to who we are," Brandt said. "We will challenge you to join us in the purposeful pursuit of knowledge that im-

proves our communities."

Brandt said part of what makes UI great is the different types of cultures one can experience on campus.

"A central part to our productivity and morale is a climate that is considerate and respectful," Brandt said. "Each of you will become a part of our extensive and diverse community of people. We welcome you, and can't wait to hear your viewpoints and contributions to our community."

Brandt concluded her speech with a university-wide mission statement which she said she hopes all the students will hold true.

"The University of Idaho is a community that is brave and bold in our pursuit

of higher aspirations," Brandt said. "We are always pushing to offer the best opportunities and environments for our students, faculty, staff and community."

Following Brandt's speech, Vobora made his way to the stage.

Vobora praised the university for giving him the tools he needed for success, although his speech was far more than just encouraging words.

Vobora, who was the NFL's final draft pick in 2008, spoke about his struggles, fighting his way through injuries, addiction and how to help others.

SEE CONVOCATION, PAGE 4

PROFILE

Remembering Professor Ramsay

The UI community remembers Samantha Ramsay for her vibrant personality and passions

Corrin Bond

ARGONAUT

Katie Miner always knew when Samantha Ramsay was walking to her office in the Niccolls Building. Miner, a University of Idaho senior instructor of food and nutrition, and dietetics, said she could hear her colleague as she made her way down the hall — stopping in to each office to say hello, asking what was new in her colleagues' lives and laughing along the way.

Miner first met Ramsay in 2004 when they were both beginning their nutrition and dietetics careers at the UI.

She said Ramsay had an infectious kind of enthusiasm that she brought into the workplace and all other aspects of her life.

"She was always saying 'hi' to everybody and popping in to say 'hello' and 'I'm just checking in, how are you doing?'" Miner said. "She was always op-

timistic, which was something so special about her. She went through a lot of hard times, but she really never lost her positive spirit."

Ramsay, an assistant professor of nutrition at the Margaret Ritchie School of Family and Consumer Sciences died unexpectedly on Sunday, July 30 after being struck by lightning while climbing the Matterhorn in the Swiss Alps.

Her husband, former professional baseball player Rob Ramsay, died Aug. 4, 2016, due to complications that arose after he beat brain cancer. The couple is survived by two sons, Ryan, 12, and Reidar, 9.

Shawn O'Neal, the director of UI Student Involvement, said he first met the Ramsays through their children, who were close in age. O'Neal said Ramsay's passions and her interest in others were clear in how much she invested in conversations with those around her.

"I could just talk to her for hours, she was that kind of person," O'Neal said. "She was so enthusiastic and she cared about you and she cared about what you were doing, and she was so passionate about stuff that I think everyone has had this experience with her. She was so present for every conversation with you."

SEE RAMSAY, PAGE 4



Courtesy

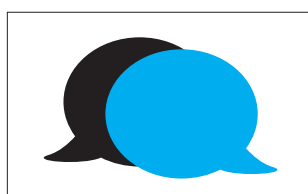
UI assistant professor Samantha Ramsay and her son, Ryan, spend winter break completing a five-day hike to Machu Picchu in Peru. Ramsay died while hiking the Swiss Alps on Sunday, July 30.

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Campus Recreation

Student Rec Center • Intramural Sports • Outdoor Program • Sport Clubs • Wellness

5K Fun Run/Walk



Tues. Sept. 12

Fun run/walk starts 6 p.m. at the Student Rec Center

Cost: \$5/UI Students \$10/Non-Student

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Whiffleball	Tues, Aug 29
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Flag Football	Wed, Sept 6
Cornhole	Wed, Sept 6



For more information and to sign up:
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UI Campus Rec

A Crumbs recipe



Cheesy chicken pockets

This recipe is perfect for the start of the semester when classes, activities and studying takes up time that could be spent in the kitchen. With a savory flavor that tastes entirely homemade, this recipe will not disappoint.

Ingredients

- 1 can of biscuit dough
- 3 cups of shredded rotisserie chicken
- 2 cups of cheddar cheese
- ½ cup of frozen broccoli pieces
- 2 cups of cream of chicken soup

Directions

1. Flatten out the individual biscuits into the side of your palm.
2. Mix together the chicken, cheese, broccoli, carrots and soup.
3. Add salt and pepper to taste.
4. Fill each biscuit round with equal scoops of the chicken mixture until the mixture is gone.
5. Pinch the dough mixture to form a pocket around the chicken mixture.
6. Place upside down on a baking sheet and bake at 350° Fahrenheit until the biscuits are golden brown.

Hailey Stewart
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crumbs@uidaho.edu

College Life



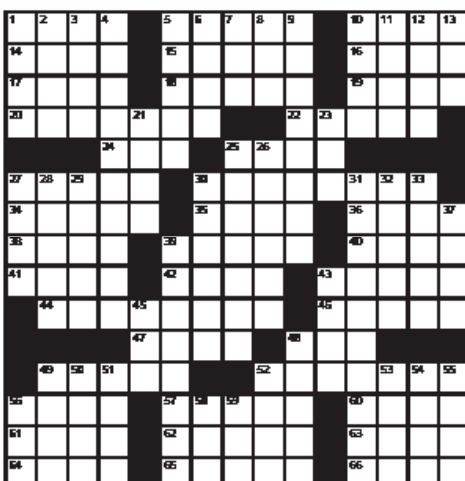
THIS IS IT, ROBBINS. YOUR WHOLE CAREER HAS LED UP TO THIS MOMENT.
-YOU CAN'T AFFORD TO LOOK LIKE A FOOL!

Grayson Hughbanks | Argonaut

CROSSWORD

Across

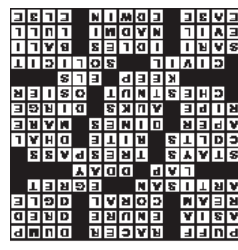
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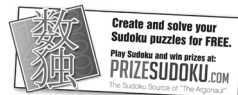
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THE FINE PRINT

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Find a mistake? Email arg-opinion@uidaho.edu

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The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public.

Questions? Call Student Media at 885-7825, or visit the Student Media office on the Bruce Pitman Center third floor.

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- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, libel and clarity.
- Letters must be signed, include major and provide a current phone number.
- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to:
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SCIENCE

Innovation through interaction

The Summer of Science program bridges the gap between university research and community

Corrin Bond
ARGONAUT

Across from Friendship Square, where the Bare Wires played the blues for the Farmer's market crowd, a young boy and his friends gathered around the University of Idaho College of Agricultural and Life Sciences (CALs) booth. They watched intently as a volunteer studying veterinary science at Washington State University wrapped gauze around the ankle of the medium-sized dog standing on the table.

The dog, named Jake, belonged to UI junior Lizbeth Bumstead, the agricultural sciences communication and leadership major who has worked all summer to facilitate engaging and interactive science lessons for children through the UI CALs Summer of Science program.

"This is the first year this program has ever run," Bumstead said. "The dean of our college wanted CALs to have a better connection with the community of Moscow, and we really thought a good way of doing that was becoming part of one of the most iconic things we have — the Moscow Farmer's market."

Summer of Science is a thirteen-week-long program that features a different subject from 9 a.m. to noon each Saturday. On its opening day June 3, the college featured entomologists, scientists who study insects. Last Saturday, the subject was veterinarian sciences.

Bumstead said all of the featured subjects have largely experienced the same amount of success, and that she quickly learned the children were more attracted to interactive displays.

"We've had a lot of things, like an interactive bee hive on display where kids could pick out the queen, we've had walking sticks crawling up the dean of our college's arm and he's letting kids hold them," Bumstead said. "Today we have a

dog just hanging out."

UI junior Kendelle Puga volunteered to participate in last Saturday's Summer of Science booth. Puga, an animal and veterinary science major, said she knew she wanted to work with animals from a young age. She said her favorite part of volunteering was watching the excitement of the children grow as they learned more about the work for which she has a passion.

"There was a kid that came earlier and he knew all about what things were," Puga said. "He asked if he could use the stethoscope to hear the dog's heart. Seeing him so excited about getting to do these things hands-on was really cool."

Bumstead, the program's intern, has worked at the Summer for Science booth for the past 12 weeks. She said currently, over 500 children are signed up for the program, and about 80 to 100 children are at the booth every week. Bumstead said she has loved watching the program grow, as well as seeing how it has helped the college connect with the community.

"The best part so far is week after week

“

Seeing him so excited about getting to do these things hands-on was really cool

Kendelle Puga, Volunteer

seeing more of these families and seeing the same kids every week," Bumstead said. "We definitely have a group of around 50 kids that are here every single Saturday. It's really great to connect with the community and to see first-hand how successful the program is becoming."

The final Summer of Science booth will be open from 9 a.m. to noon this Saturday at the Moscow Farmer's market.

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Wed. Sept. 6
10am - 3pm
Commons Plaza

MOVE-IN DAY



Joleen Evans | Argonaut

Volunteers and Vandal Football members help students and their families move their belongings during Move-In Day Aug. 17 outside the Theophilus Tower.

RAMSAY

FROM PAGE 1

Samantha Ramsay played collegiate volleyball at Penn State and Washington State University (WSU), and was highly regarded in the field of nutrition and dietetics, while Rob Ramsay was a relief pitcher for the Seattle Mariners and played collegiate baseball at WSU. Despite the couple's many accomplishments, O'Neal said they remained humble.

"They beat brain cancer together. Samantha really had to — she had to have a lot of patience to be the mother to two boys and the wife to a man who needed a lot of care himself," O'Neal said. "These are elite people who have done great, great things and accomplished stuff most humans would never come close to and that's kind of who they were as people too, and they were just the most humble people ever."

O'Neal said Ramsay wasn't a normal person, but rather, an exceptional one.

"These people who you come across in your life, these are eclipses. These are comets. These are people who can't settle for being normal, they need to be exceptional, and I think that was Samantha," O'Neal said.

It was a kind of exceptionalism that Miner said carried over into Ramsay's teaching style.

"Many students would say, 'Dr. Ramsay is the reason I'm becoming a dietitian,'" Miner said. "She was so excited about the profession and her passion really hooked people in. They wanted to be a part of that."

Barry Bilderback, an associate professor of music history with the Lionel

Hampton School of Music, experienced Ramsay's ability to connect with others first-hand during a faculty-led study abroad course in Ghana. Although Bilderback was the instructor for the course, he said Ramsay's ability to connect with his students and the locals they worked with was effortless.

"The students, they just sang her praises and raved about her talent, her abilities, her care and compassion, her dedication to what she does," Bilderback said. "Every word that was written or spoken, you know, in praise of Samantha was as genuine as can be, as genuine as Samantha herself."

Bilderback said Ramsay was the kind of person who didn't take herself too seriously, but she took whatever she was doing seriously.

"She was someone who was dedicated to people and experiential learning," Bilderback said. "No matter what it was, if she was committed to it she took it on as though it was the most important thing in her life at that moment."

Bilderback and Ramsay sat next to each other on their flights to and from West Africa, a time during which he said he learned about her devotion to her loved ones.

"She loved her family," Bilderback said. "I learned so much about her devotion to her husband, Rob, and her children, her two boys. She just was so proud of her family dynamic, her whole family — her parents, everyone."

Although Ramsay's death was unexpected, O'Neal said he is comforted in knowing the Ramsays' children are surrounded by a loving community. "Those boys are loved. They are so loved — by their parents, by the

“

These people who you come across in your life, these are eclipses. These are comets. These are people who can't settle for being normal, they need to be exceptional, and I think that was

Samantha

Shawn O'Neal,
director of UI Student
Involvement

people around them," O'Neal said. "Samantha's mother ... and stepfather — they're people I admire very much, and those boys are just surrounded by wonderful people."

While the Moscow and UI communities continue to mourn this loss, Miner said Ramsay will be remembered throughout the university for the spirit and energy she shared with her colleagues, students and loved ones.

"She was a big part of us," Miner said. "She was inspirational and she was encouraging and she was a really bright spot. We definitely feel that that's missing and it's hard to move forward, but she would have wanted us to move forward. We're doing the best we can for her, and we'll always keep that spirit that she gave us."

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CONVOCATION

FROM PAGE 1

"My gift is the 'why' that brought me here," Vobora said.

Vobora pleaded with those in attendance to never hide who they are, and be proud of what makes them unique.

"No matter what it is your parents want for you — law school, medical school or the family business — I want you to walk into your rooms, classrooms, the commons or wherever and be who you are, today," Vobora said.

Vobora said he is constantly asked about the greatest lessons he's learned.

"Never trust an unbroken person," Vobora said. "I think those who are willing to share their scars are proof that they can move beyond them."

Vobora said another lesson he's learned is com-

passion, and how to show compassion to individuals going through tough times.

"You can serve in a lot of ways," Vobora said. "But if you don't do it in compassion, the person won't receive it the same way. Because you can without compassion, but you can't really offer compassion without service. When you begin to offer compassion and gratitude around some of that pain in your life, you no longer suffer," Vobora said. "You are now the author of your story instead of the victim."

Vobora ended his speech with advice on how to live happily, even when things aren't going the right way.

"Pain is inevitable, but suffering is optional," Vobora said. "It's not always about an equal outcome, but it's always about equal sacrifice."

Andrew Ward
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Brief

Students and community members join together to enjoy the eclipse

Hundreds of students lined up for a chance to get their hands on viewing glasses at the Vandal Solar Eclipse Viewing Party Monday morning in anticipation of the solar eclipse. The event, hosted by the Department of Student Involvement (DSI), in partnership with the Idaho Space Grant Consortium, gave students, faculty and community members an opportunity to witness the solar eclipse together in a safe and friendly environment.

Natalie Magnus, Program Coordinator for DSI, said the event was about bringing the community together to view the first full coast-to-coast eclipse the United States had seen since 1918.

Magnus said Moscow witnessed the eclipse of the sun by about 94 percent.

"The night I was born there was a lunar eclipse, so I feel kind of a special place in my heart for eclipses," Magnus said.

Magnus estimated over 500 people attended the event. Magnus said participants received viewing glasses, along with eclipse themed snacks: Eclipse gum, Starburst, Sunny D, and Sun Chips.

Zachary Spence, an ASUI senator, said the event was a chance to get students out to enjoy the eclipse together as Vandals.

"It's something that happens so rarely, it's happening right here in the U.S. — it's God's creation in work. man, what's not to like?" Spence said.

Sidney Boardman, a student at UI, said this is the second solar eclipse he's witnessed. The first one was in 1998 while he was stationed in Bahrain in the air force.

"I thought this event was pretty neat, looking at the news lately we all know what happened in Charlottesville — it's nice to see a whole group of people from every walk of life, every color, enjoying the solar eclipse," Boardman said. "I think this event showed that people can get along, no matter where they are from."



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ARGONAUT SPORTS



"Now we need to come together and get ready for the opener"

PAGE 7

SOCCER



Junior defender Josilyn Daggs passes the ball during a game at Guy Wick's Field.

Joleen Evans | Argonaut

Win one, lose one

Vandals open the season with a loss and a win in California

Meredith Spelbring
ARGONAUT

Idaho at University of California Santa Barbara

The Idaho soccer team kicked off the 2017 season with a road loss to University of California Santa Barbara, falling 3-0.

University of Idaho head coach Derek Pittman said the Vandals played a good team but missed opportunities to score.

"First and foremost, credit to UCSB," Pittman said in a press release.

"They're a very good team, they possess the ball very well, they move it from side to side and they have some tremendous attacking players. I thought we played an excellent first 45 minutes where we caught them a couple of times and could have scored

some chances."

Both teams battled before the UCSB-Guachos scored in the 49th minute of play. UCSB's Amanda Ball booted it in from 20 yards across the box. Ball added the Gauchos second goal just four minutes later with a long shot to put the opponents up 2-0.

Less than 10 minutes after the first goal UCSB capped off the scoring for the game with a quick shot across the goal box where Chase Schornstein was waiting to tap it in for the point.

Junior goalkeeper Makayla Presgrave finished the game with four saves.

Pittman said despite a hard stretch, which the opponents took advantage of, the game was not all bad.

"We had a tough stretch for a 10-minute period there in the second half and they capitalized and finished three chances," Pittman said. "We'll learn from it. It's game one — no one is pushing the panic button. We did some very good things but we still have a lot to work on."

Idaho at UC Riverside

The Vandals pulled out a win against UC Riverside to conclude the California road trip, taking the match 1-0.

Pittman said he was proud of the way the team fought for the win after losing the season opener.

"We talked yesterday about some adjustments we needed to make going into tonight's game and I thought our group did an excellent job implementing those."

It took some time but Idaho got on the board in the 89th minute of play. Redshirt freshman defender Taylor Burst put the Vandals one and only point up with a low kick across the field. The ball did not make it in off Burst's foot but rather deflected off an opposing defender, which deflected in.

Presgrave came out strong in the second road game, capping off the game with a total of five saves.

Pittman said despite the fact that the team caught a lucky break, luck was not the only factor in the scoring Idaho goal.

"We were pretty fortunate on the goal," Pittman said. "Sometimes you make your own luck. Just really proud of our players for fighting until the bitter end and getting the result tonight."

Although the silver and gold head back up north with a win on the record, it was not an easy win to claim. The match finished with eight total yellow cards.

Pittman said this form of physical play was far from unexpected.

"We knew that UC Riverside had some bite to them, weren't afraid to be physical," said Pittman. "We've never been a team that shied away from physical play. I thought our players showed an excellent resolve in the second half, negating what UC Riverside was trying to do and ultimately getting that result tonight."

Idaho returns home to face rival Boise State 6 p.m. Friday at the Kibbie Dome.

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FOOTBALL

Linehan is recognized

Idaho's senior quarterback Matt Linehan named to the Manning Award watch list

Meredith Spelbring
ARGONAUT

Fans who get excited for awards season should be just as excited for what precedes it — award watch list season. Especially University of Idaho football fans. The Vandals' senior quarterback Matt Linehan was named to the watch list for a prestigious award.

The Manning Award is an award given to the best quarterback in the country based on season and bowl game performances. At the conclusion of the season, a panel of elite judges, including legendary football player Peyton Manning, will choose the recipient.

The award was founded in 2004 by the AllState Sugar Bowl with the purpose of honoring college football greats Archie, Peyton and Eli Manning, according to the official site of the AllState Sugar Bowl.

The 2017-2018 award will be given out in its 13th year, with a long history of successors behind it. Former winners

of the award include: Tim Tebow, Johnny Manziel, Marcus Mariota, and two-time winner Deshaun Watson.

Leading up to the final award, the eight recipients will be chosen on a weekly basis as the Manning Award Stars of the week. This is a recognition Linehan is familiar with as he was named one of the Stars of the Week in the 2016-2017 season following a strong performance against New Mexico State.

Entering his senior campaign, Linehan has a strong resume of statistics to show his success with the Idaho program. In his junior year he threw for a total 3,184 yards and 19 touchdowns. Linehan capped off the 2016-2017 season with second-team All-Sun Belt honors and the Famous Idaho Potato Bowl Most Valuable Player award.

Yet the fourth-year starter has more on the line this upcoming season than the Manning Award. Linehan enters the season in the top-six for all time yards, touchdowns and completions, among others. A strong senior season could push Linehan up the all-time lists, where he could leave an even more permanent mark on the Idaho football program.

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VOLLEYBALL

Carrying the team

Idaho women's volleyball kicks off 2017 season with veteran production on the offensive side of the ball

Zack Ozuna
ARGONAUT

With less than a week of preparation left, the Idaho volleyball team is set to begin the 2017 season Friday at Oregon State.

In a news release Idaho head coach Debbie Buchanan said she looks forward to the potential of the upcoming season.

"We are way further along than we were last year," she said.

"That is exciting. For the most part, we have been able to keep everyone healthy. We have been able to push along and really try a bunch of different rotations. It is nice to have a lot of depth, especially on the outside."

The Vandals will open the season against Oregon State Friday and then follow with two more matchups against Kansas State and Pacific University Saturday.

Idaho is returning 10 upper-classmen from last season's team. The veteran experience provides the Vandals with a solid

core of leaders going into the new season.

One of the Vandals' most productive returners from last season's team is junior Sarah Sharp, who bolstered the Idaho offense in 2016. Sharp led the team in one deadly category last season: kills.

"I feel like you earn a lot of confidence going into your third season," Sharp said in a news release. "We all know what is expected of us. It makes it a little easier."

The Vandals' offensive threat is certainly present with Sharp in the rotation, but fellow junior Kaela Straw could provide Idaho with even more kills.

Straw was second to Sharp in kills last season. The athletic duo should be quite the handful to opposing defenses.

Idaho will be right back in action following the game in Corvallis. The Vandals will head to Chicago Aug. 31 for the second tournament of the year. Their opponents will be DePaul University and University of Illinois — Chicago.

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 Grayson Hughbanks
ARGONAUT

OPINION

The wait is almost over

What to expect when the Hornets come to town on August 31st

Colton Clark
THE ARGONAUT

The Idaho Vandals 2017 football season is set to kick off against future Big Sky conference opponent Sacramento State, 6 p.m. Aug. 31 at the Kibbie Dome.

The current Idaho football roster looks different than that of last seasons. A few receiving options, linemen and punter and kicker Austin Rehkov were lost after last season. Yet the missing pieces seem to have been reconstructed well.

Despite the changes, some of the more talented players in recent Idaho football seasons return to the gridiron, including

senior quarterback Matt Linehan, who has only proven to be consistently getting better since his first start as a freshman. Idaho's breakout junior running back Isaiah Saunders and senior running back Aaron Duckworth will be hanging out in the backfield as well, a combo which ran for nearly 150 yards per game last season.

Coming off a 2-9 season, the Hornets of Sacramento State return a good deal of players as well. The entire offensive line, quarterback Nate Ketteringham and nearly all starting defensive positions are back with experience under their belts.

While both teams are experienced, the Hornets lack consistency on defense. Sacramento State allowed nearly 527 yards per game last season, 291 rushing yards and 40 points per opponent.

Idaho's balanced attack, anchored by a powerful running game, put up about 400 yards per game last season. The Vandals

should be able to drive up and down the field with relative ease against the Hornets.

The Vandals averaged about 31 points per game last season against arguably tougher FBS competition. The Hornets struggled to keep opposing teams off the board, as 31 plus points were scored against them in all but two games.

The most striking victory for Sacramento State last season was the 41-38 win over Montana State in week five, the same team Idaho managed to slip by in the first week of play, winning 20-17, in the first week of play. Although putting up 41 points against a team the Vandals only scored 20 on is impressive, Montana State still gained 385 yards on the ground, whereas the Bobcats could only rush for 110 total yards against the Vandals.

Expect Idaho to run early and often in week one. If Sacramento State's defense did not improve tenfold during the offseason,

the Vandals should be able to rack up at least 200 yards on the ground, allowing Linehan to take some deep shots off play action.

Idaho's linebacking core proved itself to be one of the most talented in the Sun Belt last year, the defensive line is strong and the defensive backs took a huge step forward. For Sacramento State, gaining big chunks on single plays should prove difficult.

The week one matchup should be seen as a tune-up game for Idaho's final season before heading to Sacramento State's Big Sky Conference. The Vandals are predicted as a nearly 96 percent favorite by ESPN, the largest win probability for Idaho in the last several seasons.

I predict Vandals will take the game 41-17.

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- Logan Lucky
- PG13 Daily (4:20) 7:10 9:50 Sat-Sun (1:40)
- Annabelle: Creation
- R Daily (4:00) 6:45 9:30 Sat-Sun (1:20)
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- R Daily 6:40 9:40
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- R Daily (3:40) 6:40 9:40 Sat-Sun (1:00)
- The Hitman's Bodyguard
- R Daily (4:10) 7:00 10:00 Sat-Sun (1:10)
- Logan Lucky
- PG13 Daily (4:20) 7:10 9:55 Sat-Sun (1:20)
- The Glass Castle
- PG13 Daily (3:30) 6:35 9:35 Sat-Sun (12:30)
- Annabelle: Creation
- R Daily (4:00) 6:50 9:30 Sat-Sun (1:30)
- Dunkirk
- PG13 Daily (3:45) 6:30 9:15 Sat-Sun (12:50)
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FOOTBALL

A glimpse into the season

One final scrimmage before the Vandals take on Sacramento State

Meredith Spelbring
ARGONAUT

Idaho football closed out fall camp with a scrimmage at the Kibbie Dome, the final look at the team before the season opener against Sacramento State.

University of Idaho head coach Paul Petrino said he saw both positive and negative come from the scrimmage game.

"There were a lot of good things," Petrino said. "The offense looked really sharp in the red zone, but hurt themselves on some drives turning the ball over. The defense did a great job of causing those turnovers though. A lot of times some of the guys on defense covered better than they have, which is very positive, and the defensive front has been playing well all camp."

Both sides of the ball showed strengths in the final preseason closeout. The defense came out tough, creating a total of six unofficial turnovers — four interceptions and

two fumbles.

Sophomore defensive back Lloyd Hightower said he liked the way the team was able to create turnovers.

"That's always great to see picks," he said. "We really were just trying to make stuff happen, all trying to get better."

Senior wide receiver Reuben Mwehla said he also thought that the team looked good on all sides of the ball in the final season scrimmage.

"I think we did good as a whole," Mwehla said. "Our defense was making plays, was getting interceptions and at the same time our receivers were making big plays, running backs were making great runs and the (offensive line) did a great job too. So overall I think good team scrimmage."

Debuting the season for special teams is redshirt freshman kicker and punter Kade Coffey. Coffey made 8 of 10 attempts at the extra point.

Aside from the play action, also seen on the field was amped up comradery. Idaho defensive coordinator Mike Breske said this was part of the game plan and will continue to be part of it heading forward into the season.

"We have kind of got a thing from Coach (Petrino) about 'tap the hat'" Breske said. "Guys are having fun out there, they got to play football with passion, you see them tap the hat after a good play and that's all part of it. Have some fun."

One athlete stood out above all when it came to enjoying the sport and having fun with it. Mwehla looked good on the field, but the biggest surprise came from his pregame performance. This performance was not on the field but rather blasting through the Kibbie Dome speakers, getting the team pumped and ready for play. Mwehla said he has been writing music since he was young and has brought his outside talent within the program.

"I've been making music ever since I was like nine," he said. "I told coach Petrino that I made some music and he was like, 'Hey, why don't you make a song for the team?'"

Mwehla said that this is something he has enjoyed sharing with the team and something he thinks is unique to Idaho.

"It's a cool thing," he said. "I don't think a lot of people would do that so it's just a unique experience."

“

“You see them tap the hat after a good play and that's all part of it. Have some fun.”

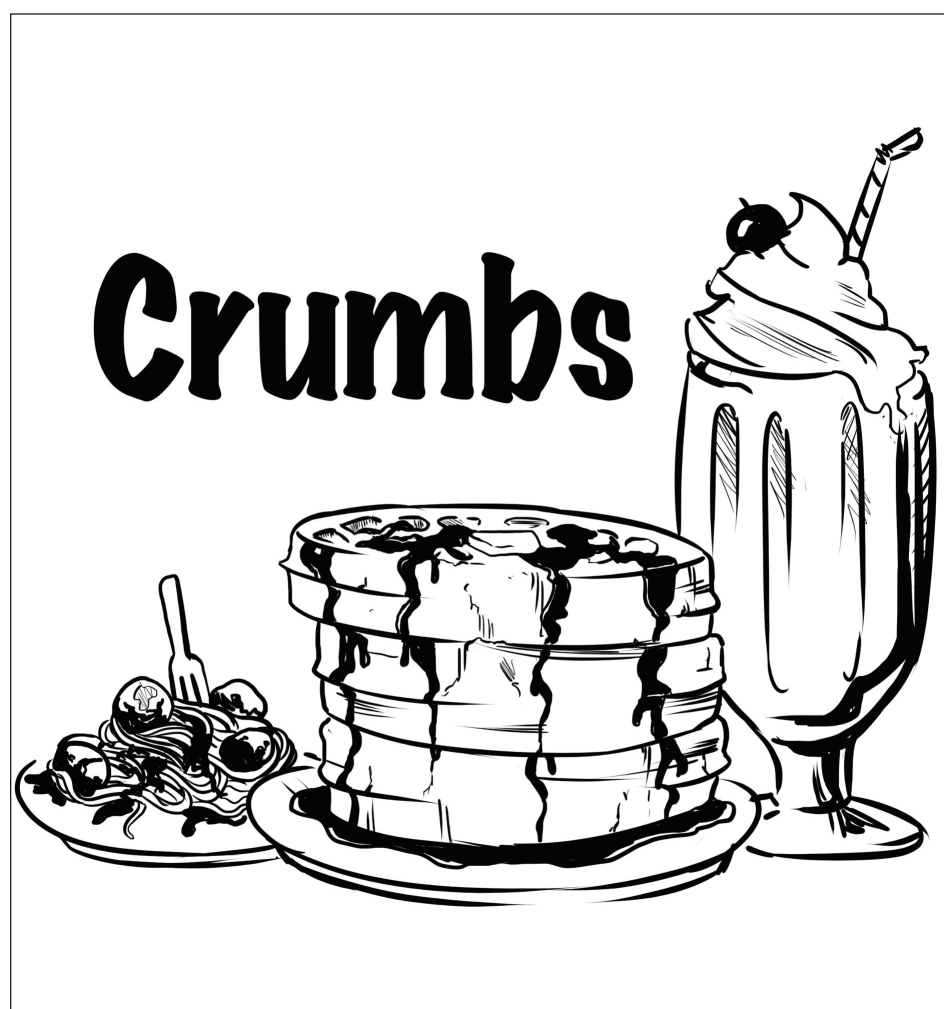
Mike Breske, Defensive Coordinator

As the season quickly approaches, Petrino said now is the time to start looking forward and preparing to unite as a team as the regular season approaches.

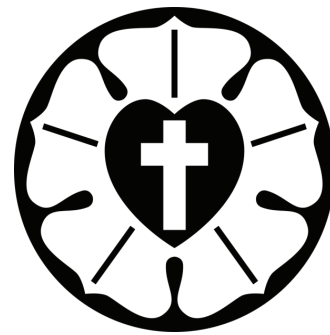
"Now it's time to come together," said Petrino. "We've been going against each other, going at each other, and now we need to come together and get ready for the opener. It's time to starting working toward that."

Idaho takes on Sacramento State at 6 p.m. Aug. 31 at the Kibbie Dome.

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MEN'S BASKETBALL

Arkadiy takes his talents abroad

Vandal standout Arkadiy Mkrtychyan puts in time on the court for his home country

Colton Clark
THE ARGONAUT

The University of Idaho senior forward Arkadiy Mkrtychyan has been putting in minutes on the basketball court this summer, nearly 9,000 miles away.

Mkrtychyan has been suiting up for his home squad, Team Armenia, in the qualifying rounds

of the FIBA Basketball World Cup 2019 European Pre-Qualifiers.

Since Aug. 2, the team has been competing in pre-cup qualifying rounds to determine whether or not it will receive a bid to the international contest hosted in China in the summer of 2019.

Prior to Aug. 2, 24 of 32 teams had already qualified for the tournament. Armenia was one of the 13 teams that had to compete in a home-and-away round robin tournament featuring six games in 17 days to decide the final eight qualifiers.

Mkrtychyan and his team were unable to seal a spot in the

upcoming FIBA tournament. The team started strong at 3-1 but went on to lose the next two games and were eliminated on the final day. Armenia finished with a 3-3 record.

Mkrtychyan was not a consistent starter for Team Armenia, but he did start two contests and received considerable time off the bench, playing just over 20 minutes per game.

In the game one win over Slovak Republic, Mkrtychyan recorded the fourth highest point total in the game, netting 14 points to go along with five boards. Three days later, he contributed seven

points in an 82-69 victory over Sweden, the top qualifying team in Armenia's group.

The team lost its first game to the Bosnia and Herzegovina squad, 98-85, a contest in which Mkrtychyan dropped nine points to go along with four boards and three assists.

On Aug. 12 Armenia improved to 3-1 with another win over Slovak Republic, 92-78. In what was Mkrtychyan's best game of the tournament, and first one in which he started, he recorded 15 points, five rebounds and had a team-high three steals.

The team lost its next two con-

tests to Sweden, 93-70, and again to Bosnia and Herzegovina, 83-66 to end the tournament.

Mkrtychyan averaged 10 points and four rebounds per game in his international stint, numbers comparable to those of his Vandal career.

With some international experience under his belt, Mkrtychyan will once again return to the starting lineup for Vandal basketball this fall, where he will continue to make his impact on a local court.

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OPINION

From fickle foe to father figure

LaVar Ball's dedication to family overshadowed by erratic media antics

Joshua Grissom
DAILY NEWS SPORTS EDITOR

If you're a fan of the NBA, you've probably been exposed to a seemingly endless barrage of headlines surrounding the infamous LaVar Ball.

The former Washington State basketball player has a notorious reputation for creating shockwaves throughout the NBA community

with his brash and unfiltered comments on topics ranging from his son's \$495 sneakers to women in sports journalism.

LaVar Ball has already compiled an extensive list of public enemies based on his negative interactions with members of the media, including a sexist tirade against Kristine Leahy during an interview on "The Herd."

There's really no way to defend the unfavorable antics of LaVar Ball, especially with the negative press it brings upon the NBA and sports journalism.

But no matter your stance concerning the brash and outspoken celebrity, there is one thing critics and fans should be willing to agree on — LaVar Ball has fostered a

strong and supportive relationship with his sons.

This might not seem evident at first, especially with LaVar's tendency to hog the spotlight from his son Lonzo Ball, the second overall pick in the 2017 NBA Draft and a budding superstar with the Los Angeles Lakers.

Although this setup supplies the opposition with nearly unending supply of ammunition, it also helps to shield his son from some of the media scrutiny that often accompanies high draft picks who are attempting to adjust to their professional careers. This media diversion could provide Lonzo Ball with an opportunity to play with a little less pressure on the hardwood this winter while

finding his place in the NBA.

Another indicator of LaVar Ball's dedication as a father is his presence at his son's NBA Summer League games. Even after a shaky professional debut that included 2-for-15 shooting and five points, the outspoken celebrity offered praise and encouragement for Lonzo Ball, saying "he can't go but up" from the performance.

The support LaVar Ball offers his children is a bond that a lot of athletes don't get to experience in their own lives. As a former collegiate baseball player, I can't count the number of times I've watched as my teammates looked up into the stands, hoping to find a parent or family member who ended up being a no-show.

There's nothing wrong when it comes to criticizing LaVar Ball's approach with the media, but it's much harder to find fault with the way he supports his children. From instilling confidence with a never-say-die attitude to establishing his Big Baller Brand company around his sons, LaVar Ball continues to serve as a good father figure off the court and away from the cameras.

Joshua Grissom is a former Argonaut alumnus who now works as the sports editor of the Moscow-Pullman Daily News.

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ARGONAUT ARTS & CULTURE

STUDENT LIFE



Katie Dahlinger | Courtesy

Students and residents enjoy a movie on the Tower lawn one summer night as a part of Screen on the Green.

Free film for everyone

Thursday marks the last Screen on the Green for summer 2017

Kyle Pfannenstiel
ARGONAUT

Join hundreds of undergraduate students and community members Thursday on the Theophilus Tower lawn for a free screening of "Pirates of the Caribbean: Dead Men Tell No Tales."

It may be the last time to enjoy a free movie outdoors on the University of Idaho campus. The event marks the end of the Department of Student Involvement's summer-long series of family-friendly screenings,

said Katie Dahlinger, Assistant Director of Student Involvement. Concessions and free popcorn are first come first served.

"There is a funding cap and so we only have enough money for the summer series at the moment," she said. "There is opportunity with reallocation of fees, if students want to reallocate some fees to go towards that series to make it last longer, or there was talk of the housing office to pursue having those films into September."

Dahlinger said they held free screenings, open to everyone, each Thursday night this summer — all were paid for with student fees. She said last week the series was put on hold for New Student Orientation.

"Frankly it is a slam dunk event for undergraduate students and community members for programming over the summer," Dahlinger said.

Average screening attendance was about 200, with peak attendance reaching 600, she said. This year the organization partnered with Vandals Dining by Sodexo to offer concessions, which Dahlinger said made for a great addition.

She said the series' last film, taking place the first week of school, will be hosted by Vandal Entertainment. It will be their second event this school year, just after Palousafest, Dahlinger said.

Vandal Entertainment will partner

with the Sustainability Center for the final screening. Dahlinger said members of the Sustainability Center encourage attendees to ride their bikes to the event.

The Department of Student Involvement partnered with Fraternity and Sorority life Aug. 11, Dahlinger said, to engage more new students by screening Guardians of the Galaxy Vol. 2. The Greek organization helped cover the cost of the showing. "The film costs — that we pay through Swink — are between \$400 and \$1200 to show one film," Dahlinger said.

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REVIEW

Missing the mark

'Valerian' fails to develop characters' central relationship

Corrin Bond
ARGONAUT

The trailer for "Valerian and the City of a Thousand Planets" is a science fiction enthusiast's dream. It includes sweeping, otherworldly visuals, engaging action scenes and the promise of large-scale, travel-across-the-universe type adventure.

The film, written and directed by Luc Besson and co-produced by his wife, Virginie Besson-Silla, was adapted from the French science fiction comic series, "Valerian and Laureline" by Pierre Christin. Besson crowd-sourced and personally funded the project, raising a production budget of \$177-210 million. "Valerian" was released in late July in both the United States and France, and has grossed \$115 million worldwide.

Although the movie is full of stunning, vibrant visuals that provide viewers with a glimpse into a fantastical universe, various aspects of the film repeatedly miss the mark. The most notable of which being the relationship between Valerian (Dane DeHaan) and Laureline (Cara Delevingne).

In its most basic form, the film is about two intergalactic agents who are young and reckless and good at their jobs. They are dispatched to investigate a problem on Alpha, also known as the City of a Thousand Planets, a former international space station that developed into a diverse cultural hub housing civilizations from across the universe.

On top of this central narrative is a budding love story. Valerian, a happy-go-lucky playboy, has a romantic interest in Laureline, an intelligent, capable professional who doesn't trust her partner's ability to commit to monogamy. To prove his willingness to commit, Valerian proposes to Laureline. After she declines, he spends the remainder of the movie trying to convince her to change her mind as they run around Alpha in an attempt to complete their mission.

This is a point that should, in theory, complicate and enhance the plot. Instead, it

detracts from the primary action.

Within the first 10 minutes of the film, Valerian and Laureline are characterized as partners whose tongues are equally sharp, but whose relationship, for the most part, is founded upon mutual respect. While their relationship is originally portrayed as fun and witty, it's an image that rapidly dissolves as the film progresses.

Delevingne and DeHaan lack chemistry from the start — both actors maintain cool, laid-back personas which are largely part of their aesthetic on and off the screen. However, this combination turns what's supposed to be budding romantic tension into tension created from the awkward, cold interactions between Valerian and Laureline.

The moment the viewer begins to forget about how unnatural their relationship is, the idea of marriage is somehow brought back into the plot.

Beyond that, the plot falls into cliché narrative tropes, especially when it comes to the gender dynamic. Although Laureline is highly educated, more than capable in combat and saves Valerian's life on multiple occasions, she's lower in rank than he is, something he reminds her of with frequency. She's also regarded with less reverence by her higher-ups. Even the title of the film reinforces this off-kilter gender dynamic. The name of the comic is "Valerian and Laureline," while the film's title only features Valerian even though both characters share the same amount of screen time and are equally integral to the plot.

There are several other areas in which the film doesn't quite hit its targets, but the unnatural and often uncomfortable relationship between the two central characters is by far the most prominent.

While the visuals were stunning and the plot was, on a basic level, entertaining, the film was ultimately unable to meet the high expectations promised by its advertisements.

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WSU

"Ready Player One"

The film adaptation of Ernest Cline's book is scheduled to be released in March 2018

Jinrong Lei
ARGONAUT

Ernest Cline, author of the science fiction novel "Ready Player One," will give the annual Washington State University Common Reading Invited Lecture at 7 p.m. Aug. 28 in Beasley Coliseum.

"Ready Player One" is scheduled for a movie release March 30, 2018, directed by Steven Spielberg, with the screenplay written by Cline himself.

As virtual reality has become a hot button in recent years, the exploration of how it may change our lives, languages, and cognition regarding both the real world and game world is attracting more and more attention.

Karen Weathermon, co-chair of the Washington State University Common Reading Program, said the members of the Washington State Common Reading Selection Committee chose "Ready Player One" as the common reading to connect incoming students with popular, interesting and familiar topics such as virtual reality online video games. She said she expects the upcoming movie to add to student interest in the book.

Beginning in the 2015-2016 school year, the WSU Common Reading Program provided a two-year common reading theme for students and professors to deepen their class discussions.

The first theme was "Social Justice and Leadership," and the book selected for last summer was "Just Mercy: A Story of Justice and Redemption" by Bryan Stevenson.

"Ready Player One" kicks off the second two-year theme, "Frontiers of Technology, Health, and Society."

Beverly Stahl Makhani, a member of the Common Reading Selection Committee, said she looks forward to Cline's talk because it is often difficult to negoti-

ate the schedule with the authors.

Last year, the committee could not bring the author, Malala Yousafzai, to speak about the selected book, "I am Malala." Instead, they invited "another young Pakistani activist for women's education, Khalida Brohi, who spoke to many of the same themes of the book," Weathermon said.

The Common Reading Program members encourage "Ready Player One" readers to come to join this talk, Weathermon said.

She said this is the first fiction book the committee has selected, and committee members challenge the professors to use it along with the usual class topics.

"Almost all students attend those events because they are required or (teachers) provide extra credit," Weathermon said. "Yet about 70 percent end up reporting that they find the events interesting."

Cline sold the film rights of his debut novel, Ready Player One, to Warner Bros Pictures in 2010. The film of the same name will be released March 30, 2018. Cline is a co-writer of the screenplay.

The book's storyline is set in the future world of 2045, where numerous people seek escape from a declining world via massive multi-player online virtual reality role-playing games. Wade Watts is the teenage protagonist in Cline's young adult novel, and the world Cline creates is shown through Watts' eyes.

"Ready Player One" is not Cline's only book being produced into a movie. Universal Pictures currently has the rights to produce Cline's 2015 science fiction novel "Armada." Like with "Ready Player One," Cline wrote the film's screenplay.

Tickets for Cline's talk cost \$10 for non-WSU students. Adults can buy tickets for \$15 and WSU students can attend for free. Tickets can be found at Beasley's ticket office and TicketsWest.

Jinrong Lei
can be reached at
arg-arts@uidaho.edu

VISUAL ART

Bop it, twist it, pull it?

The Prichard Art Gallery prepares for its next exhibit, "All Mixed Up"

Kyle Pfannenstiel
ARGONAUT

The Prichard Art Gallery debuted its new exhibit, "All Mixed Up" by Stephen Glueckert Aug. 17.

Glueckert will also give a presentation at the gallery at 11:30 a.m. Saturday.

Much of the artist's featured work has arrows indicating they can be played with and touched. Director Roger Rowley said the purpose of this is to get viewers familiar with the idea of interacting with the art presentation. He said many of the pieces include hand-cranked and other simple, moveable objects.

"The traditional idea that a visitor coming into a gallery will have is that you're not supposed to touch anything," Rowley said. "You're supposed to be quiet. You're supposed to just look."

The physical engagement with the artwork, Rowley said, helps to break down the barrier between passive viewers observing artwork by getting them involved with the mostly news-based narratives. These narratives, in combination with the crude and rough carving, make the art more accessible, he said. However, he said not everything is meant to be handled, and gallery work-study students will be trained to tell visitors what can and can't be touched.

This isn't the only time the Prichard Art Gallery has had a physically engaging exhibit. Rowley said there was once an exhibit with stackable chairs without a seat bottom. He said some who visited only stacked three chairs while others stayed for longer and rearranged the more than 80 chairs. The gallery has a time-lapse video of the entire chair exhibit.

In addition to viewings, the gallery offers a few educational opportunities like school group tours, summer camps and an after-school art program, Rowley said.

The school group tours bring in roughly 1000 K-12 students annually, he said, and the program allows them to tour the gallery's exhibit and participate in craft activities in the back. Rowley said School Group Tours help teachers meet state educational requirements by covering different areas of artistic practices.

Most of the participating schools are either regionally based, from Moscow, or visiting due to the Lionel Hampton Jazz Festival.

"Depending on the year we've spent close to \$1,500 for their transportation to help pay for their trips because, say, Idaho pays for a teacher to take one field trip per year," Rowley said.

The After School Art Program (ASAP) allows children between the ages of 5 and 11 to take art classes led by local volunteer artists, Rowley said. The classes are held in the gallery's children's studio, and he said the artists teach 40 to 50 students annually.

This year, volunteer artists receive the student's class fees as reimbursement, Rowley said. The cost for one student is \$125 per camp. Rowley said these classes used to be led by a full-time educational coordinator, but the position was cut last year due to a lack of funding.

The Prichard Art Gallery also holds various week-long summer camps open to students entering grades 1-7.

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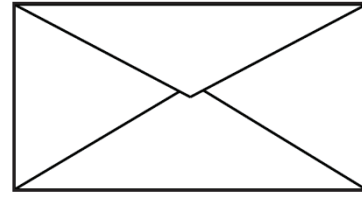
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OPINION



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OUR VIEW

Take a look around

Students should utilize the first few weeks of school to explore the Moscow community

Welcome back, Vandals. It's August, which means the small streets of Moscow are flooded with new and returning Vandals ready to take on another year. With every new school year comes another opportunity to get involved, both on campus and in Moscow. There are plenty of opportunities just waiting to be taken by students.

Syllabus week is typically a relaxed week filled with ice breakers and is used as a time to get acquainted, or reacquainted, with the University of Idaho campus.

Syllabus week can also be a week to scope out different clubs or organizations available to students on and off campus. Whether interested in a club sport or a faith-based organization, UI has something for everyone. Visit UI's website for a list of the many clubs around town.

Another staple of Moscow that is a

must-see is the weekly farmers market downtown. Saturday morning is a chance to mingle with community members, and shop for fresh produce.

For more Moscow community events, visit the Moscow Chamber of Commerce website to see the community event calendar.

For those who would rather not stray from campus, there are plenty of things to get involved in at UI.

Intramurals on campus are a great opportunity to get active and make memories with new friends. From cornhole to basketball, there is something for everyone in the intramural program. Visit the Student Recreation Center for more information and team registration forms.

In addition to intramurals, students are encouraged to support Idaho athletics by cheering on the Vandals in various sporting events throughout the year.

The Idaho soccer team goes head-to-head with in-state rival Boise State 6 p.m. Aug. 25 in the Kibbie Dome. This is a chance to see the new turf recently installed in the Kibbie Dome, and cheer for the Vandals as they begin a new season.

Another way to spend time during the semester is to simply explore, both on and off campus.

The Integrated Research and Innovation Center (IRIC) is a newer building on campus that has yet to be explored by many students.

The IRIC has a unique, modern design that gives students another option for studying or relaxing between classes. Grab some friends and try to find a new location for this week's study group.

The views of the Palouse are worthy of being on postcards, and students at UI get to see them every day. Get a group of friends together and explore. Whether it's walking through the arboretum or taking a drive down Old Pullman Road, taking advantage of the picturesque rolling hills is a must for students.

College is an opportunity to make unforgettable memories with friends, and thankfully there is something for everyone in Moscow.

— MK

OFF THE CUFF

QUICK TAKES ON LIFE FROM OUR EDITORS

Q: What is one event or organization you are excited to get involved in this semester?

Service time

I'm super excited to spend more time with the Center for Volunteerism and Social Action this year.

— Hailey

Bringing the party

This year I'm part of the Vandal Entertainment team and I can't wait to meet and work with all the amazing artists we are going to bring to campus

— Tea

The voice of the students

This will be my third semester as an ASUI senator and I'm looking forward to meeting new people and working to make our campus a better place.

— Nina

Student Media

I'm honestly just excited to amp up the Argonaut's social media presence this year. By the way, follow our new Snapchat account: UofIArgonaut

— Lindsay

Sound of Idaho

It's my third year in the marching band and it seems that every year gets better and better.

— Joleen

Hit the wall

Getting back into climbing with the UI climbing team was something I missed out on freshman year, but I'm looking forward to chalking up this semester.

— Meredith

Machines in mind

I'm geared toward joining human factors club, where psychology meets engineering.

— JP

The Borah Symposium

I went to Breaking Bread with Refugees last year and it was amazing. Can't wait to see the other outstanding guests the Borah Foundation brings in.

— Kyle

Read all about it

I never thought I'd be involved with the Argonaut, but words cannot express how much I love this publication and the people. I'm so excited for another year.

— Mihaela

Art and humor

Last year I did a lot of comics for the Argonaut and this year I am so excited to continue doing that.

— Grayson

Go for it

Student Media is a community of amazing people who are driven and ambitious. I like it, and I'm thankful I can be a part of it.

— Andrew

Go Vandals

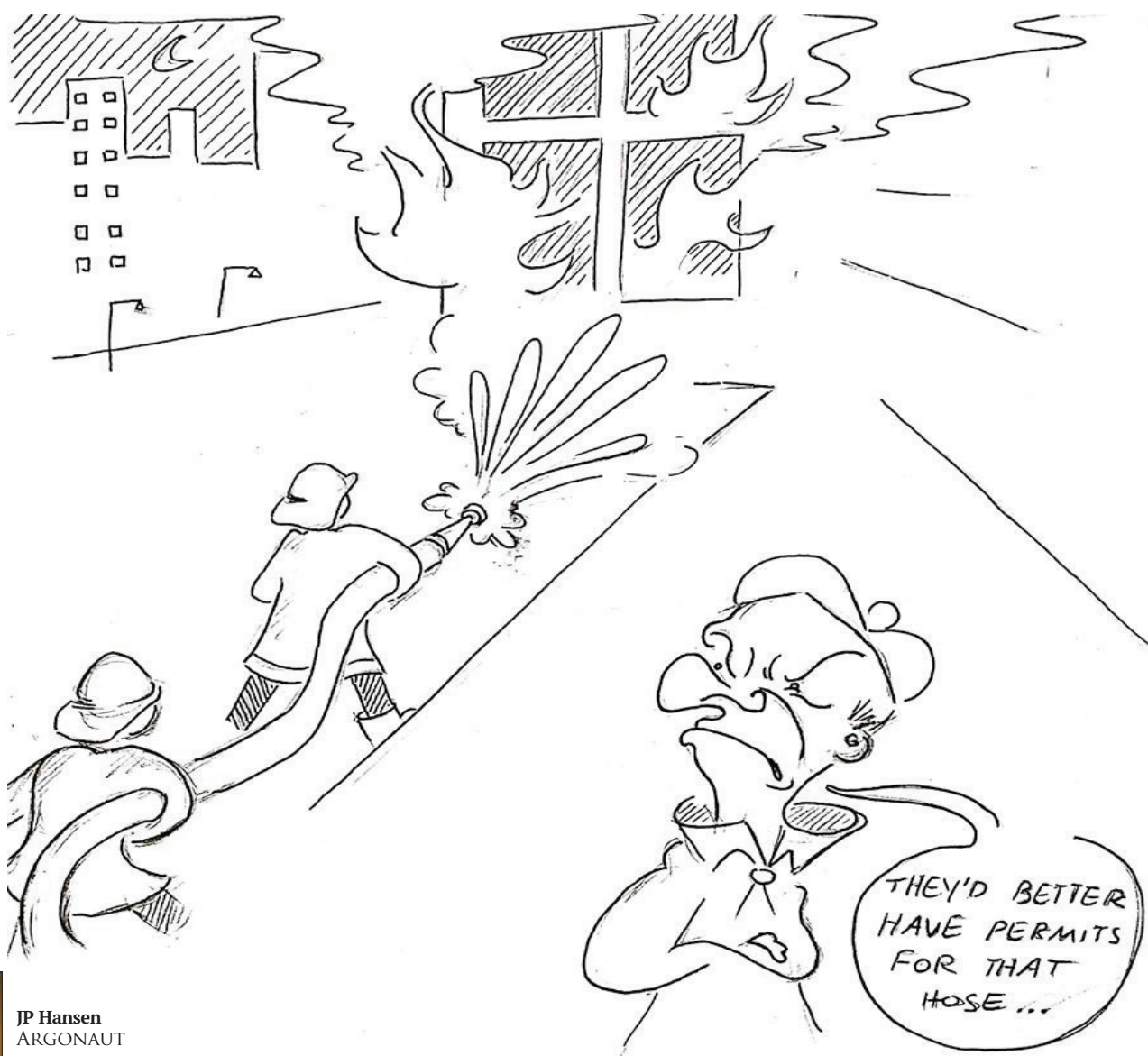
This is my first experience here in Moscow, so I can't wait to attend our home games to root for our teams.

— Max

Sisterly love

This will be my second semester as Education Chairman for my sorority, and I'm so excited to see what events I plan.

— Savannah



JP Hansen
ARGONAUT

Educational liberties

Making educational choices to meet societal expectations is no way to manage a healthy college career

When choosing which classes to take or which major to pursue, there are always external expectations of what the "best" option is. Whether it's the choice between majoring in something in the sciences or something in the humanities, there are often certain choices that fit more comfortably in traditional perceptions of success.

Generally speaking, the socially-perceived "best" option is often the most financially lucrative one. Choosing a degree program is often complicated by the obligation to pursue the most profitable path within one's field of interest.

While I don't believe this is an entirely senseless practice, especially when one is just beginning to explore their chosen field, I see this hypersensitive regard for money to be a distraction from what I believe many would consider the universal purpose of a college education — personal growth.

People choose to pursue higher education for a myriad of reasons. For some,

it's simply a means to an end in receiving a degree that makes their resume look shiny. For others, it's purely an experiential exercise, where the degree is just a piece of paper that doesn't necessarily quantify their growth. Either way, personal growth and change remain the vanguards of a college career.

With that in mind, choosing a major is obviously something that requires some degree of passion. Nobody wants to spend four or more years growing and learning in a direction that doesn't align with their passions. I think everyone can agree that having a career that they're passionate about is the ultimate goal.

Of course, it seems simple when spoken about in these terms, but for many, especially incoming freshmen, these choices can be a source of inner turmoil. I changed my major three times my freshman year because I was too afraid to trust whatever choice I made would work out in the end.

In a similar way, the traditional view of success would suggest that the sooner one reaches that financially lucrative, ever rewarding, pinnacle of a career, the better off they will be. The tendency to rush toward success is an epidemic on college campuses.

Choosing which classes to take can be

another outlet for the pressure of social obligations. In the process of getting a degree, it can be easy to look around and compare successes with peers.

Everyone has that one friend that somehow makes it through a seemingly impossible class load, a full-time job, an internship and volunteer work. But that lifestyle is not even close to a possibility for everyone.

Choosing classes that fit one's lifestyle and abilities is the only way to truly take ownership of one's education. If investing time in that difficult language class is not a possibility this semester, then maybe take it next semester.

Obviously, all degree programs allow variable levels of flexibility, but college should be less like a series of obligations and more like a choose-your-own-adventure experience.

Instead of focusing all efforts on achieving traditional measures of success, one should cultivate a responsibility to one's self for personal betterment regarding personal health and ability.

Making a commitment to continually work within one's own best interest is the best way to feel confident during those tense, decision-making moments.

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Austin Maas
ARGONAUT

Tackling syllabus week

How to make syllabus week successful and stress free

Syllabus week is arguably one of the most stressful, yet painful weeks of a college student's semester.

Much like dead week, "silly week" as it has been coined, is quite the conundrum. Some students shuffle from class to class, find a comfortable seat for the semester and then move onto the next syllabus. Other students meticulously plan out the week, find classrooms beforehand and color coordinate each folder to each syllabus. And then there are the students that fall somewhere in between.

Truthfully, everyone handles syllabus week differently. But, each student holds the common

thread of knowing that no matter how many syllabus weeks they have been through, everything and everyone is just a little bit new. That is where the stress comes in.

No matter how quick class meetings end, or how few assignments are assigned or how many parties there are to partake in at the end of the day, most everyone, for the most part, is in the same boat.

So, while silly week trudges on, here are a few things to look forward to in each class to make for a successful week and a stress-free semester.

Read the syllabus

This might sound simple, but thoroughly reading the syllabus before the first class of the semester is the best way to gauge how the class and teacher will proceed for the year.

Syllabus week is like a trial

run. The first week of class is a great way to gain a surface level understanding of the professor and class content. Both are helpful indicators in deciding whether or not to drop or continue with the class. Those crucial first five days may be simple, but they provide more information than students often recognize.

Meet the professor

Whether a student is a "sit in the back" sort of personality or an "attends every allocated office hour" sort of personality, it never hurts to meet the professor before or after the first class.

Many professors use the first class of syllabus week as a time to meet each student via the class roster. However, engaging with the professor personally will only help during last minute meetings and pleas for study help down the line.

Find a study partner

While much of syllabus week is spent listening to each profes-

sor list off do's, don'ts and dates, a large portion of that first class is spent staring around the room. Well, don't stare, rather quietly look around for friendly faces.

This class, although ultimately pretty boring and often quick, is a perfect time to pick out that semester's "study buddy."

Evaluate the course

Reading the syllabus before each class helps to gain a better understanding of the course dates and its general setup. But, evaluating the several class meetings that occur during syllabus week is undoubtedly a very important step.

A key aspect in deciding what courses will require the most time, brainpower and stress begins during syllabus week. As the professor explains what topics the course will cover and what week tests or essays are due, students should essentially evaluate how much of their life the course will consume. Some courses require multiple

hours per week, while others require a light read of the assigned textbook here and there. Syllabus week is when these questions are most often answered.

Enjoy the experience

The most stressful aspect and the most enjoyable aspect of syllabus week is the newness that every student finds.

Syllabus week is called silly week for its outwardly laid-back appearance, which means that there is time to enjoy the new semester and each new class.

While the campus is filled with energy, regarding both interesting courses and the larger number of fun activities to choose from, students should take a moment to acknowledge the importance and feel the excitement for the year ahead.

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Mind your body

Students should prioritize their physical and mental health over all other aspects of college

When I first came to the University of Idaho, I wasn't worried about myself. I took a gap year between high school and college, a time during which I focused on better managing my anxiety. I went to counseling, I learned how to cook, I became a better communicator. I would be fine. During my first year in Moscow, I wasn't worried about myself — but I should have.

Instead of worrying about the parties I was going to or the boy I was seeing or the amount of praise I received for my academic work, I should have worried about whether I was eating enough vegetables and drinking enough water, whether I was sleeping regularly and making time for myself. Throughout my first year, I let my physical and mental health fall by the wayside. I came to college so confident in my natural ability to take care of myself that I stopped actively prioritizing me. I'm not unique in this, either.

A survey from the American College Health Association found although students reported suffering from significant bouts of anxiety and depression, only 12 percent of those students went to counseling.

Beyond that, according to the National Data on Campus Suicide and Depression as cited by USA Today, 49.5 percent of students surveyed reported feeling hopeless in the past year, and 60.5 percent of students reported feeling lonely.

College is an exceptionally exciting experience in which students have the chance to grow personally and professionally. But there's also a tremendous amount of pressure on both new and returning students, who are expected to eat well, stay hydrated, be socially successful and excel academically while being involved in clubs and organizations that will help them break into their field after graduation.

All of this pressure is added on top of an already stressful situation — leaving home for the first time. In addition to these high societally-imposed expectations, many students struggle with homesickness and tight finances. College provides an environment in which students can

strive to be their best selves and make life-long friends and professional connections. College also provides an environment in which students can develop anxiety and depression, among other mental health disorders.

Regardless of how well-adjusted or prepared a student might be, no one is immune to the social and academic pressures of university life. One of the most valuable steps a student can take is to prioritize themselves, even if that means taking

an absence that might court against their grade or being late to work because they took the time to eat a well-balanced meal.

While skipping a meal or getting only a couple of hours of sleep for the sake of prioritizing other responsibilities might not seem like a big deal every once in a while, these actions become compounded over time, making it difficult for students to stay motivated.

It's also important to remember that taking a personal health day doesn't always have to mean sacrificing something else, like class attendance points. If you're beginning to feel overwhelmed, reach out to your professors about being granted assignment extensions or taking a personal health day. It's okay to be honest with instructors, and it's okay to admit that you might be struggling.

Additionally, don't be afraid to access free mental and physical health resources available on campus. Marissa Rudley, the UI campus dietitian, provides nutrition counseling and helps students learn more about developing consistent and healthy eating habits. The Student Recreation Center is a facility in which students can stay active in a variety of capacities, and it also offers programs that expose students to different types of physical exercise. The UI Counseling and Testing Center provides counseling services, as well as other self-help resources.

When students don't take care of themselves it negatively impacts their ability to learn and grow as humans, ultimately making for a less enriching college experience. Prioritizing yourself might not always be easy, but it will always be worth it.

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